

Adult Services Policy Council 2013 – 2014 Annual Report

In April 1999, the San Luis Obispo County Board of Supervisors established the Adult Services Policy Council (ASPC) as the countywide cooperative to improve and expand services for seniors and adults with disabilities.

The ASPC was tasked with providing planning, development and system design, and service integration to improve and expand services. The target populations are those seniors and adults with disabilities who utilize publicly funded health and human services.

Fifteen years later, the ASPC continues on the cooperative mission that characterized its founding through a diverse membership that is responsive to the dynamic range of challenges that face seniors and adults with disabilities in our county. A full membership list is appended to this 2013-2014 Annual Report.

DEMOGRAPHICS OF POPULATION SERVED

Seniors and adults with disabilities who utilize publicly funded health and human services have needs that span the gamut from transportation and housing, to nutrition and physical and mental health. They face the challenges associated with vulnerable populations including fiscal and physical abuse and neglect.

- There are currently over 60,000 citizens aged 60 and older in San Luis Obispo County. This population has increased by 29% in the last 10 years. The tables below show the projected growth of this population. It's noted that San Luis Obispo has and will continue to have a higher percentage of residents over the age of 60 than the rest of California.

Department of Finance Projections <u>San Luis Obispo County</u> Seniors 60+, 2010-2050					
Projected Population	2010	2020	2030	2040	2050
60-64	17,090	20,443	14,795	16,661	18,943
65-69	12,251	19,437	18,480	14,284	18,157
70-74	9,681	16,321	19,331	14,727	16,595
75-79	8,182	10,771	16,683	16,305	13,250
80-84	6,557	7,018	11,914	14,565	11,745
85+	6,520	7,713	10,504	18,020	23,326
Seniors, 60-85+	60,281	81,703	91,707	94,562	102,016
TOTAL	269,734	293,540	316,613	338,760	364,748
% of Total	22%	28%	29%	28%	28%

Department of Finance Projections <u>California</u> Seniors 60+, 2010-2050					
Projected Population	2010	2020	2030	2040	2050
Seniors, 60-85+	6,361,278	8,923,493	11,482,049	12,915,180	14,636,897
TOTAL	39,135,676	44,135,923	49,240,891	54,266,115	59,507,876
% of Total	16%	20%	23%	24%	25%

- The 2010 Census revealed that 13,180 San Luis Obispo County residents between the age of 18 and 64 have a disability. If their disability has not been verified by Social Security, they are not eligible to receive social service benefits utilized by our senior population, such as Medicare. In addition, it is expected that younger people living with significant disabilities will need a system of support for many years to come.

ACCOMPLISHMENTS

During FY 2013-2014, members at the ASPC table continued ongoing outreach to seniors and adults with disabilities.

Physician Orders for Life-Sustaining Treatment (POLST)

The Adult Services Policy Council is staying informed regarding the POLST (Physician Orders for Life-Sustaining Treatment) program. POLST is a form that identifies the specific kinds of medical treatment patients want toward the end of their lives. The Central Coast Coalition for Compassionate Care is the local group that has been meeting for the purposes of sharing how the POLST is used across a wide variety of care settings including hospitals, nursing facilities, residential care facilities, and the patient's own home. The group is part of the state coalition. All of the state updates, revisions and the implementation of POLST in San Luis Obispo County are disseminated during the ASPC monthly committee updates.

SUPPORT OF COMMUNITY PARTNERS

In May 2014 the San Luis Obispo County Board of Supervisors passed a resolution prepared by ASPC proclaiming May 2014 to be Older American's Month in San Luis Obispo. ASPC co-chairs attended the reading of the resolution and provided additional information for the benefit of the Board and the public.

Presentations by many in the membership served to educate those in attendance about the particular agencies and the contributions they make to the overall health and vitality of seniors and the adult disabled in our County.

Monthly meetings enhance communication and assist members in avoiding unnecessary duplication of services. Networking and information sharing ensures that appropriate referrals can be made to member agencies. Regular e-mail updates on available resources and budgetary concerns have aided agencies to plan and strategize around the provision of services in the upcoming year in a way they would not have been able to otherwise accomplish. The e-mail updates and posting of synopses on-line ensure that agencies and individuals who are unable to attend meetings remain informed about ASPC's activities and concerns.

ECONOMIC CHALLENGES

ASPC has a continuing concern around economic conditions. Individuals living on a fixed income or on Social Security Disability are increasingly unable to afford the basics of food and shelter and many have no way to pay for needed services or medical care. While ongoing cuts in funding to agencies involved with the provision of health and human services to low-income seniors and adults with disabilities have slowed and some relief has been provided by the Affordable Care Act, there are still significant gaps in services. Members of the ASPC are currently in process of identifying the most pressing gaps so we can prioritize with the intent to make recommendations for solutions.

The ASPC has been fortunate to have ongoing participation and support of many of the local, State and Federal legislators who express an awareness of the needs and services that are represented by this collaborative, including the San Luis Obispo County Board of Supervisors.

ASPC COLLABORATIONS

The ASPC remains an effective clearinghouse of ever changing information. At each ASPC meeting a major part of each agenda is dedicated to discussion of the activities of individual member organizations. Specifically, at the outset of each meeting time is devoted to introductions and announcements of new developments for the population, agency or program changes that affect other agencies or programs. This transfer of information between members assures that throughout the County duplication of efforts to serve seniors and adults with disabilities is minimized.

Presentations on specific topics of interest are made at the monthly meetings. Speakers and topics presented to ASPC members this last year included:

Month	Presentation	# of Attendees
July 2013	No meeting.	
August	Speaker Jerry Rioux, Executive Director of SLOCO Housing Trust Fund and Julie Rodewald, SLOCO Clerk-Recorder presented views on SB391	17
September 2013	Melanie & Patrice – Partners in Equestrian Therapy (PET)	18
October 2013	Discussion of drivers failing to stop for pedestrians; e.g. Pedestrian Safety	17
November 2013	Scott Smith, Executive Director of the Housing Authority of SLO	19
December 2013	ASPC Members brought donations for various charities and were asked to say a few words on why they chose the particular charity.	21
January 2014	joyce ellen lippman – Medicare Open Enrollment & Area Agency on Aging Options	19
February 2014	Tony Navarro – SLOCO Department of Planning and Building	22
March 2014	Sonnie Brown – Hospice of San Luis Obispo	20
April 2014	Marie Brinkmeyer – Project Lifesaver	22
May 2014	Mark Shaffer – UCP and Ride-On	16
June 2014	Caren Ray – Proposed Budget Update	18

CONCERNS

The ASPC has identified critical needs for low income seniors and adults with disabilities in San Luis Obispo County. These include:

Shelter

A review of past ASPC Annual Reports will show that Affordable Housing has been an ongoing, top priority of concern for our senior population. This year, after being presented information from SLO Housing Trust Fund, Housing Authority of SLO, and the SLO County Department of Planning and Building, ASPC must report that the status of affordable Senior Housing in SLO County has not improved. Funding sources for new development and for home maintenance are sorely needed. Voters' approved housing bonds for 2001 and 2006, that provided \$500 million a year for affordable housing, have run out. 2012 re-development agencies which were required to allocate 20% of tax increment monies in redevelopment districts to affordable housing have been eliminated (Tribune Perspective, 8-12-13). SLO County is the 8th least affordable housing market out of 224 markets in the U.S. (Housing Opportunity Index (2013). Seniors and the workforce that supports them are highly impacted by this fact. 50.8% of SLO County homeowners and 61.3% of renters need >30% of income for housing. Higher rents impact the amount of Housing Authority monies for subsidies not to mention a 3000 person waiting list. There are few options for seniors to find less expensive lodging or affordable assisted living facilities in our County. ASPC supports future Housing Element planning solutions to address these issues, such as allowance for more residential land use, multi-generational developments and condominium conversion and programs for maintaining existing affordable senior housing.

Healthcare Services

Community Health Centers (CHC) has worked diligently to keep medical, dental and mental health services accessible to as many clients as possible. Clients have not reported any issues in obtaining services this past year. CHC now offers door-to-door transportation to those who have no other way of accessing their medical services. The most significant positive impact on healthcare, despite its many difficulties, was the roll out of the Affordable Care Act in 2014. The law strengthens Medicare and provides access to preventive services and prescription drug discounts for seniors. The law also provides greater choices and enhanced protections for people with disabilities, as well as new options for long-term supports and services.

The most significant change for Medicare-eligible seniors is reduced costs (and/or cost-sharing) to Medicare Part D - the prescription drug coverage. Currently, under ACA, Part D plans must offer medication therapy management (MTM) to enrollees with multiple chronic conditions for whom drug spending is above a specified threshold (\$3,144 for 2013). Other changes include elimination of co-payments for preventive services and coverage for annual wellness visits that include a health risk assessment and health advice, as well as referrals to appropriate health education or preventive counseling services.

The difficulty in sorting out Medicare and supplemental insurance programs and procedures is a major concern for seniors. This leads to a high level of stress when they can least afford it. Fortunately, the Health Insurance Counseling and Advocacy Program (HICAP) is a great education resource for San Luis Obispo County seniors and adults with disabilities.

Our senior population is projected to increase markedly over the next 10 years. It is for this reason that we must improve and increase seniors' understanding of Medicare and supplemental insurances available to them and how they are designed to complement one another.

Food

ASPC continues to be concerned with food insecurity for seniors and disabled adults in San Luis Obispo County. The availability of healthy, nutritious food is critical to the wellbeing of all humans; no one should have to choose between buying food or healthcare services. ASPC encourages the Board to support the efforts of food distribution agencies.

Senior Nutrition Program provides meals to seniors 60 years and older. Meals are served at 10 dining sites for those who can get out and enjoy hot lunch in the company of other seniors. Seniors who are homebound receive hot lunches through a network of dedicated volunteers during weekdays and frozen meals on weekends and holidays. The Senior Nutrition Program volunteers, many of whom are seniors themselves, play a huge role not only by providing needed nutrition, but also daily human interaction and a watchful eye to protect seniors' safety from accident or abuse. The Senior Nutrition Program served 38,204 congregate and 99,343 home-delivered meals in FY 2013/2014.

The San Luis Obispo Food Bank is a valuable resource for food insecure low-income seniors and adults with disabilities. The Food Bank works with more than 225 non-profit agencies including: church pantries, recovery programs, after school programs, homeless shelters, soup kitchens and more. They distributed over 6 million pounds of food in 2013, 48% of which was fresh produce. During 2013, The Food Bank's GleanSLO effort gathered more than 200,000 pounds of fresh produce from local farmers and backyard gardeners that would otherwise have been lost.

Approximately 15% of the people served by the Food Bank Coalition are seniors, 60 years of age or older. These 7,000 persons can be described as food insecure, meaning that they don't always know where their next meal is coming from, or usually eat unhealthy food because it is cheaper than fresh, nutritious food. From the Food Banks 54 sites around the county, they receive healthy food, including 48% fresh produce. And approximately 500 seniors find a meaningful way to serve the community by being volunteers at Food Bank sites.

The Food Bank also delivers to home-bound seniors who can prepare their own meals and is building on home deliveries. The anticipated growth in seniors in the count due to the retirement of the Baby Boom generation will create more need even as it presents a greater potential volunteer force.

The Food Bank is an outlet for seniors to contribute to the community. Seniors serve by sorting food, driving trucks, distributing food at sites, and helping in the office. Without seniors, the Food Bank would be unable to function, and without the Food Bank, thousands of seniors in our county would have less access to nutritious food on a regular basis.

Transportation

The Adult Services Policy Council has focused on improving social service transportation for people with disabilities and seniors. They continue to support the recruiting of volunteer drivers for the Senior Volunteer Driver Program, operated by Wilshire Community Services. They have added Transportation Needs to their monthly agenda to identify and address gaps in transportation services. They have sponsored presentations by Ride-On Transportation and SLO Regional Rideshare. Their feedback to Ride-On Transportation resulted in a new policy for more flexibility when scheduling Senior Shuttle rides. The ASPC has several representatives on the planning committee for the Mobility Management Workshop in October.

Fraud

Seniors are at greater risk for losses due to fraud than any other segment of our population. False "relatives in need", added to better known frauds such as charity solicitations, foreign lotteries, home improvement, identity theft, internet fraud, investment fraud, and sweepstakes, make seniors easy prey for the con artists.. Seniors, those raised in an era where they were taught that most people were trustworthy, fall victims to the unscrupulous. Seniors, available during the day when the con artists do their best work, are often lonely, and happy to have someone to converse with. Just as education is the key to understanding the intricacies of Medicare and supplemental insurance, so is it in reducing vulnerability to fraud. Giving our seniors the necessary tools to be better consumers must be a focus for the coming year.

Background checks help in preventing cruel and financial abuse of dependent adults and elders by potential caregivers who provide false information to families needing services. Changes at the County Court house have made it more difficult for family members who wish to conduct background checks on potential caregivers for their loved ones. Individuals and businesses wanting to conduct background checks must go to Room 200 at the County Court House complete a form and pay \$15 for criminal background information. Having the same process for individuals as businesses has resulted in long lines. The fee is a monetary burden for many individuals.

GOALS FOR 2014-2015

- Growth of membership and regular participation
- Annual Update of Continuum of Care Grid (Ongoing)
- Continued monitoring of effects of AB 109 (Public Safety Realignment - <http://www.cdcr.ca.gov/realignment/>)
- Support of agencies working in areas of concern that improve quality of life for seniors and adults with disabilities.
- Monitoring of Behavioral Issues/Mental Health and Addiction issues
- Support of culturally appropriate services to Lesbian, Gay, Bisexual and Transgender seniors and adults with disabilities
- Continue monitoring the provision of affordable and accessible housing and transportation for seniors and adults with disabilities
- Continued monitoring and planning in expectation of legislative changes
- Monitoring of the affects of the Affordable Care Act

CONCLUSION

As the countywide cooperative to improve and expand services for seniors and adults with disabilities, the ASPC has taken advantage of the collective experience of its members to meet present challenges and provide quality, unduplicated services.

These target populations have continued to be the beneficiaries of intentional service integration occasioned by the collaborative effort of ASPC members.

The ASPC is pleased to be supportive of the Board of Supervisors and their goal of enhancing the quality of life of all San Luis Obispo County residents. The ASPC looks forward to the continued practice of shared innovation and effort to the benefit of our seniors and adults with disabilities.

Adult Services Policy Council Members

2013-2014

211 Hotline

Adult Abuse Prevention Council

*AIDS Support Network & SLO HepC Project

*Alzheimer's Association

*Area Agency on Aging

*Bates Care Management

*Behavioral Health Board

Bella Vista Transitional Care

*California State Assembly 35th District

California State Senate 17th District

*CenCal Health

Central Coast Hospice

Client Care Consultants

Coast Caregiver Resource Center

*Community Action Partnership of
SLO County(CAPSLO)

*Community Health Centers of the
Central Coast

County Medical Services Program

*Dignity Health-French Hospital
Medical Center

*District Attorney-Victim/Witness Assistance

*Food Bank Coalition of SLO County

*Health Agency/Health Care Services
Division of SLO County

*Health Commission

Home Instead Senior Care

*Hospice of San Luis Obispo County

*Independent Living Resource Center

Lifesteps Foundation

Long Term Care Ombudsman Services of
SLO County

*Mariposa Music Therapy/Arts for Living

Martin Metz, PhD

Maxim Healthcare Services

Mental Health Advisory Board

North County Connection

Peoples' Self Help Housing

*Retired Senior Volunteer Program (RSVP)

*Ride-On Transportation

*Ridership Development Consultants

San Luis Coastal Adult School

Senior Legal Services Project

Senior Living Consultants

*Senior Nutrition Program

Sheriff's Office

Sierra Vista Regional Medical Center

*SLO County Behavioral Health/Mental
Health Services

SLO County Board of Supervisors

*SLO County Commission on Aging

*SLO County Department of Social Services/
Adult Services

SLO County Probation Department

SLO County Department of Public Health

*SLO Regional Rideshare

SLO Supportive Housing Consortium

*Transitional Food & Shelter

*Transitions-Mental Health Association

*Tri-Counties Regional Center

United Cerebral Palsy

United Way of San Luis Obispo County

*Wilshire Community Services:

Creative Mediation/Senior Peer

Counseling/Caring Callers/Good

Neighbor Program

*Contributors to 2013-2014 Annual Report